

Dear TUHSD Students -

You have access to free mindfulness and meditation and yoga! Over 600 TUHSD students are now using Whil-

Sign up for Whil - a free mindfulness and stress-reduction app. TUHSD Wellness has been able to secure another year of free access for our whole community thanks to a Tam High parent who founded WHIL and has generously agreed to provide it to the TUHSD community.

HOW DO I GET STARTED?

- Go to: <https://connect.whil.com/sponsor/tamstudents>
 - Sign up using your Tam District Student email address using the URL first
 - Then use Whil.com on your computer or download the app (after you sign up on URL above)

Whil has 13 Goal Categories including: Basic Training - Stress – Relationships – Sleep – Performance - Physical Health – Emotional Intelligence – Emotions – Career – One Minute Practices – Yoga – PLUS à the [Be A Chill Teen](#) Category (including focusing in class, driving, sports, etc)

IDEAS FOR SHORT MEDITATIONS BEFORE FINALS OR EXAMS:

Click on any of the following links to start a 1 or 5 minute guided meditation to play before students take their finals.

[Focus In Class](#) - 10 mindfulness practices available for students

[Build Concentration](#) – 5 mindfulness practices available for students

[Boost Focus and Productivity](#) –Dozens of mindfulness practices available for students (if link doesn't work click [here](#) and go to “boost” and then “focus and productivity”)

If you have any questions about creating your personal account or want to learn more about mindfulness or stress reduction techniques, feel free to contact your Wellness Coordinator (at Redwood, Tam or Drake) or contact Jessica Colvin, Wellness Director at jcolvin@tamdistrict.org.

Enjoy!

The TUHSD Wellness Team

